



# PHYSICAL FITNESS STANDERED OF COLLEGE STUDENTS

Dr. Sorabh Trikha

Assistant Professor, BPR College, Kurukshetra.

## ABSTRACT

The purpose of this paper is to explore the physical fitness condition of college students. For the collection of data, we choose male college sportsmen and non sportsmen. All sportsmen were selected from B.PED& Sportsmen and non sportsmen who were studying in B.COM classes. The main motive of collection the data to see the difference in eye hand coordination, explosive power of legs and shoulder strength between both group. We used Barrow General Motor Abilities test battery and selected three test items for collection of data i.e. Wall Pass test, Standing Broad Jump test and shotput test. However, in physical fitness in both groups were slightly differ from each other. The result showed that very little difference seen in term of Wall Pass, Standing Broad Jump and shotput test.

**KEYWORDS:** Eye Hand Coordination, Explosive Power of Legs and Shoulder Strength, College Students.

## INTRODUCTION:

Physical activity and sports are closely related with physical, mental and physiological fitness. For most individuals, prefer sports to increases their physical fitness, although the amount of adaptation in fitness to a standard exercise dose varies widely. But academic stress is a major cause for the decline condition of physical and mental condition. Today, students are often busy in their studies due to get good marks in their examination. Some people who participate in sports for recreation and fun activities, having good physiological and physical health.

Sports and physical activity has been considered an integral part of human life since its inception Physical activity is an indispensable conditions of human life. It is universally accepted that sports and games fulfill the requirements of human activities revolutionary achievements of electronic media has made it all the more important not only the lives of participants but also among the millions of spectators viewers and listeners. Sports are now popularly conceived as both socially and personally beneficial activity.

Performance in competitive sports is mainly influenced by physical and mental abilities of a sportsman. Physical abilities are the abilities of the human body to produce force by muscular contraction, to resist against fatigue, to perform the movement with a wider amplitude and full control and to perform the movement in shortest possible time. The various sports disciplines make different demand on physical abilities. In some sports strength is must, for example in weight lifting, in some others endurance plays an important role, such as in long distance running, cycling and swimming, in some others speed may play significant role such as in 100 M and 200 M. Sprints or 100 M. Swimming etc. It has been proved that physical abilities form the base of learning technique of game, or complicate skills or various movements in all games and sports including Athletics.

## METHODOLOGY:

In this study we collected the sample in two groups. One group indicated sports student and other one indicate non sports student. In case of non sport students, they do some sports activity for recreation and fun. We conducted different tests for eighty students eight (forty each group) at random basic. The students were studying in B.PED&S.P. and B.COM. The main aimed of collection the data to see the difference in eye hand coordination, explosive power of legs and shoulder strength between groups. We used three tests for collection of data i.e. Wall Pass test, Standing Broad Jump test and Shot put test. We used various some equipments for the tests:

1. Wall Pass test- Basketball, wall, stop watch and marked line
2. Standing Broad jump- marked line and measuring tape
3. Shot Put Test- 8lbs iron shot & measuring tape

## RESULTS:

The results indicates the various information about the groups:

1. **Wall Pass Test:** In this test, the average mean of B.PED&S.P. and B.COM students are 17.06 and 14.03 respectively. And the results also indicate that B.PED&S.P. students have better eye hand coordination than B.COM students. Due to their practices and training schedule they have improve their coordinative abilities in comparison of B.COM students.

BPED (Mean)	B.COM (Mean)	Mean Difference	S.E.	't'
17.06	14.03	3.03	.92	3.29*

Significant difference at .05\*

2. **Standing Broad Jump Test:** The average mean of B.PED & S.P. and B.COM students are 162.96 cm and 156.13 cm respectively. The results show that B.PED & S.P. student having the better power of legs than B.COM. B.PED & S.P. players used to play daily. In addition, they are doing some strength exercises like jumping high, high knee action, frog jump etc. in their regular ground classes.

BPED (Mean)	B.COM (Mean)	Mean Difference	S.E.	't'
162.96	156.13	6.83	2.41	2.83*

Significant difference at .05\*

3. **Shot Put Test:** In Shot Put Test, the average mean is 8.62 meters of B.PED & S.P. students and average mean of B.COM students is 6.60 meters. Regular pushups and other physical work make their upper extreme muscles stronger than B.COM students.

BPED (Mean)	B.COM (Mean)	Mean Difference	S.E.	't'
8.62	6.60	2.02	0.42	4.80*

Significant difference at .05\*

## FINDING AND CONCLUSION:

After getting the results we came to know B.PED & S.P. students are much better than B.COM student in the all three segments of physical fitness. We observed from all three results of tests closely that B.PED & S.P. student are all together different from B.COM in their parameters of fitness. Wallpass, S.B.J. and shotput test showed the significant difference between both group. Hard study schedule of classes and other academic pressure affect their daily routine. We should prepare some other norms for betterment of non sportsmen physical and mental health.

## REFERENCES:

1. Adhikari, C. S. (1983). Comparative Relationship of Power, Agility and selected Speed characteristics of Block Jump and Three Striders Jump in Volleyball. (Unpublished master's thesis), Jiwaji University, Gwalior.
2. Angyan, I. (1989). Relationship of anthropometrical, Physiological and Motor Attributes to Sports – specific skills. Journal of Sports Medicine and Physical Fitness. 29, 4, 369-78.
3. Barrow, H.M. (1979). A Practical Approach to Measurement in Physical Education. Henry Kimpton Publisher, London.
4. Mazumdar, P.R. (2001). Comparative study of selected Physiological Variables and Motor Ability Components of Rural and Urban students of Tripura. (Unpublished Master's Thesis) Jiwaji University, Gwalior.
5. Srivastava, Parkash, G.N. (1994). Advanced Research Methodology. Radha Publications. New Delhi.
6. Uppal, A.K. & Roy, P. (1989) Assessment of Motor Fitness Components as Predictors of Soccer Playing Ability. SNIPES Journal. 9, 3, p. 46-49.
7. Natraj, H.V. & Chandrakumar, M. (2006). Selected Motor Ability variables and Kabaddi performance. Journals of Sports Sciences 29, 1, p. 11-16.